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11-2006

Milk Group: Get Your Calcium-Rich Foods!

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Repository Citation

Daly-Koziel, Kathy and Walters, Jackie, "Milk Group: Get Your Calcium-Rich Foods!" (2006). *Family and Consumer Sciences Publications*. 31.
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MILK GROUP

Get Your Calcium-Rich Foods!



Foods in the Milk Group include milk, yogurt, and cheese.

These foods are best known for their high calcium content. Foods in the Milk Group are good sources of:

- ▲ Calcium
- ▲ Protein
- ▲ Vitamin D
- ▲ Vitamin A

They may also be sources of fat, saturated fat, and added sugars. It is important to choose foods from the Milk Group that are low in fat or fat-free and have no added sugar. Avoid foods from the Milk Group that are high in calories.

Most people do not consume enough foods from the Milk Group. MyPyramid shows that the number of calories eaten from low-fat and fat-free dairy products should be about the same as the number eaten from the Vegetable Group. Most adults need 3 cups of milk daily, while children 8 years old and younger need 2 cups every day. If drinking milk causes you problems, choose lactose-free products or other calcium sources, such as dark green vegetables, canned fish with bones, and fortified foods and beverages.

Serving It Up

1 serving of food from the Milk Group is:

- 1 cup of milk
- 1 cup of yogurt
- 1½ ounces of natural cheese
- 2 ounces of process cheese
- 4 tablespoons of Parmesan cheese

A thumb is about the size of 1 ounce of cheese.



A fist is about the size of 1 cup of milk.

What's the Big Deal?

Calcium makes and keeps bones and teeth strong. If children don't get enough calcium, their bones may not develop



Milk Group
Get your calcium-rich foods

MyPyramid.gov

properly and will not be as strong as they should be. The human body loses calcium every day. To stay healthy, people must eat calcium-rich foods every day. If adults do not get enough calcium to replace losses, their bones can become brittle and break more easily.

Calcium also helps blood to clot. Without it, people would be unable to heal. It helps muscles to move. Without calcium, there would be no heartbeat. That's a big deal!



A Special Note about Infants

Infants get calcium from breast milk or iron-fortified formula. After they are 12 months old, infants can get calcium from purchased milk or other milk products.

Do not give skim or low-fat milk to infants or children under 2 years of age except under advice of a physician.

How Much Calcium Is in It?

Food	Calcium Content (milligrams)
1 cup milk	290
1 cup yogurt	300
1 ounce cheese	200
1 ounce process cheese food	160
1 ounce process American cheese	125
½ cup cottage cheese	125
½ cup custard	250
½ cup pudding (made with milk)	150
½ cup ice cream	90
1 tablespoon Parmesan cheese	70

How much of each of the above foods would provide about the same amount of calcium as 1 cup of milk?

Written by Kathy Daly-Kozziel, former EFNEP Coordinator

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Revised 11-2006